The Phenomena of a Cognitive Impasse

Cognitive Impasses represent a spectrum of psychological, physical, and behavioral responses when confronting challenging information which can last from a few seconds up to several months. Resistance progresses through stages:

1. **Immediate Reactions and Internal Categorization**: Laughter, eye-rolling, smirking, sarcastic remarks (e.g., "Yeah, right"), crossed arms, or headshaking. Internally, ideas are rapidly dismissed as absurd or unworthy. **This is the stage we must become self-aware.**

2. **Cognitive Inertia**: Slowed mental processes and incoherent comprehension. Text becomes difficult to follow as the brain resists processing.

3. **Semmelweis Reflex**: Automatic rejection of contradictory information.

4. **Cognitive Dissonance Avoidance**: Distractions, daydreaming, fatigue, or even falling asleep as escape mechanisms. Sudden shifts to unrelated tasks or avoidance deepen resistance. At this stage, biases and projections often surface, dismissing ideas as conspiratorial or implausible.

5. **Cognitive Dissonance**: Symptoms like headaches, nausea, guilt, or impending doom when self-awareness is ignored. Allowing openness to conversations can alleviate these feelings.

6. **Imposition and Projection**:
    a. **Imposed Conformity**: Collective powerlessness discourages change.
    b. **Projected Conformity**: Assumptions of others' conformity lead to self-conformity.
    c. **Galileo Dismissal**: Dismissing innovations assuming established systems already account for them.
    d. **Imposing and Projecting Inferiority**: Imposed inferiority arises from internalized inadequacy triggered by another's success. Projection externalizes insecurities through criticism or dismissal, perpetuating a cycle of doubt and negativity.

7. **Cognitive Biases**: Cognitive biases (e.g., confirmation bias, selective recall) reinforce familiar perspectives, preserving pre-existing understandings. These mental shortcuts provide comfort while stifling intellectual growth. There can be any mixture of any of the biases here to stop you.

8. **Belief Perseverance**: Left unchecked, biases lead to hardened resistance and refusal to engage with contrary evidence. To break free, individuals must engage in active self-examination, embrace uncertainty, and challenge ingrained beliefs.

Breaking Free: Recognizing patterns and biases—from subtle dismissal to entrenched belief perseverance—is essential to overcome cognitive impasses. Engaging in active self-examination and cultivating openness enables continuous intellectual and personal growth.

Memory Biases

1. **Hindsight Bias**

The inclination to see events as having been predictable after they have already occurred.
Example: After the 2008 financial crisis, many people claimed they "knew it all along" that the housing market would collapse.

2. **Misinformation Effect**
   The distortion of memories due to the introduction of incorrect information after an event.
   Example: Witnesses to a car accident may later remember seeing broken glass, even if there was none.

3. **Cryptomnesia**
   The phenomenon where a forgotten memory returns without it being recognized as such, leading to the belief that it is a new thought.
   Example: An artist unknowingly recreates a melody they heard years ago, thinking it is an original composition.

4. ~~**False Memory**~~
   ~~*A recollection of an event that did not actually occur or is distorted in some way.*~~
   ~~*Example:* A person vividly remembers attending a school event that never happened.~~

5. **Source Confusion**
   Mistaking the origin of a memory or information, attributing it to the wrong source.
   Example: Recalling a piece of information but forgetting whether it was read in a book or heard from a friend.

6. **Autonormia |**
   The tendency to unquestioningly accept and ignore familiar information until made consciously aware of it; more attuned to a cognitive filter and self-containment mechanism.
   Example: Occasionally becoming aware of the need to breathe and manually breathing, causing the stimulus to be forgotten.

7. **Cue-dependent Forgetting**
   The inability to retrieve information without the proper cues or triggers.
   Example: Struggling to remember a friend's name at a party because there are no contextual clues present.

8. **Rosy Retrospection**
   The tendency to remember past events as more pleasant than they actually were.
   Example: Looking back on college years as carefree and fun, despite experiencing significant stress.

9. **Bleak Retrospection |**
   A cognitive bias characterized by disproportionately emphasizing negative past experiences while undervaluing positive ones.
   Example: Remembering a past job primarily for its stressful moments, overlooking enjoyable aspects.

10. **Spacing Effect**
    The phenomenon where information is more easily recalled if learning sessions are spaced out over time.
    Example: Learning vocabulary words over several weeks leads to better long-term retention than

cramming them in a single session.

11. **Childhood Amnesia**
    The common inability of adults to recall memories from the early years of life.
    Example: Adults rarely remember events from their first three years of childhood.

12. **Peak-End Rule**
    The tendency to judge an experience largely based on how it was at its peak and at its end rather than the total sum of every moment.
    Example: Remembering a vacation as wonderful because of a few exciting days and a pleasant final day, despite many mundane days in between.

13. **Serial Position Effect**
    The propensity to recall the first and last items in a series best, and the middle items worst.
    Example: Remembering the first and last names in a grocery list but forgetting the items in the middle.

14. **Levels-of-Processing Effect**
    The principle that deeper, more semantic processing of information results in memory retention.
    Example: Remembering a word better when you think about its meaning rather than just its appearance.

15. **Misattribution of Memory**
    Assigning a memory to the wrong source or context.
    Example: Believing you saw a movie scene in real life when it was actually from a film.

16. **Gist Memory**
    Remembering the general meaning or essence of information rather than the specific details.
    Example: Recalling the main idea of a story but forgetting the specific names of characters.

17. **Memory Inhibition**
    The process by which certain memories are suppressed or blocked from conscious recall.
    Example: Not being able to remember a traumatic event until triggered by a related stimulus.

18. **Leveling and Sharpening**
    The processes by which memories become simplified or exaggerated over time.
    Example: Recalling a friend's description of a party as "wild" when it was actually quite subdued.

19. **Suggestibility**
    The degree to which a person's memory can be influenced by external suggestions.
    Example: A child recalling a non-existent event after a parent inadvertently suggests it during questioning.

20. **Zeigarnik Effect**
    The tendency to remember unfinished tasks better than completed ones.
    Example: Recalling a half-completed project at work more vividly than the tasks you've finished.

21. **Audio Pareidolia**
    A natural tendency of the brain to perceive familiar patterns, such as words or melodies, in

random or ambiguous auditory stimuli.
Example: Hearing a recognizable song fragment in white noise.

22. **Incremental Ignorance |**
The tendency to overlook minor issues until they grow into significant problems, leading to preventable failures.
Example: Ignoring the fact that property appreciation is the sole driver of inflation.

23. **Conditioned Inheritance |**
The generational transmission of behaviors and attitudes through unexamined repetition.
Example: Adopting family traditions without questioning their relevance or value.

Social Biases

24. **Actor-Observer Bias**
The tendency to attribute one's own actions to external factors while attributing others' actions to internal characteristics.
Example: Blaming traffic for being late while thinking others are irresponsible for their tardiness.

25. **In-Group Bias**
The preference for members of one's own group over those in other groups.
Example: Favoring teammates over players from rival teams in terms of skill and effort.

26. **Outgroup Homogeneity Bias**
The perception that members of an outgroup are more similar to each other than they actually are.
Example: Believing that all members of a different nationality share the same traits.

27. **Stereotyping**
Applying generalized beliefs or expectations to individuals based on their group membership.
Example: Assuming someone is good at sports because they are male.

28. **Prejudice**
Preconceived negative judgments or feelings toward a group and its members.
Example: Harboring negative feelings toward a specific ethnicity without knowing individuals personally.

29. **Naïve Realism**
The belief that one's own perceptions and judgments are objective and unbiased, while others are biased.
Example: Thinking that your political views are the only rational ones and others are misguided.

30. **Naïve Cynicism**
The belief that others are more biased and motivated by self-interest than oneself.
Example: Assuming that coworkers are only helping to advance their own careers, not recognizing your own motivations.

31. **Moral Credential Effect**
The tendency to behave in a less ethical manner after doing something moral.
Example: After donating to charity, feeling justified to skip recycling.

32. **Empathy Gap**
    The inability to accurately predict or understand the emotions and reactions of others.
    Example: Underestimating how upset a friend will be after a bad day.

33. **Halo Effect**
    The tendency for an overall impression of a person to influence specific judgments about them.
    Example: Assuming a good-looking person is also intelligent and kind.

34. **Horn Effect**
    The tendency to let one negative trait overshadow other positive traits of a person.
    Example: Judging someone as unfriendly because they were curt in a single interaction.

35. **Bias Blind Spot**
    The recognition of biases in others while failing to see them in oneself.
    Example: Criticizing others for being biased without acknowledging your own biases.

36. **Social Comparison Bias**
    The tendency to compare oneself to others in a way that enhances self-esteem.
    Example: Comparing your performance to peers and feeling superior even if objectively similar.

37. **Authority Bias**
    The tendency to attribute greater accuracy to the opinion of an authority figure.
    Example: Believing medical advice solely because it comes from a doctor, without questioning it.

38. **Automation Bias**
    The propensity to favor suggestions from automated systems over contradictory information.
    Example: Trusting a GPS route despite clear signs that it is incorrect.

39. **Placebo Effect**
    The improvement of symptoms due to the belief in the effectiveness of a treatment that has no therapeutic value.
    Example: Feeling less pain after taking a sugar pill because you believe it's real medicine.

40. **Bandwagon Effect**
    The tendency to adopt beliefs or behaviors because many others are doing so.
    Example: Starting to wear a popular fashion trend because everyone else is doing it.

41. **Self-fulfilling Prophecy**
    A belief or expectation that influences behavior in a way that causes the belief to come true.
    Example: A teacher expecting certain students to perform better and thus giving them more attention, resulting in improved performance.

42. **Groupthink**
    The practice of thinking or making decisions as a group in a way that discourages creativity or individual responsibility, or rather discourages dissent from the norm.
    Example: A corporate board making poor decisions because dissenting opinions are suppressed.

43. **Deindividuation**

The loss of self-awareness and individual accountability in groups.
Example: Individuals behaving aggressively in a large crowd but not when alone.

44. **Social Desirability Bias**
    The tendency to respond in a manner that will be viewed favorably by others.
    Example: Overreporting charitable donations on a survey to appear generous.

45. **Selective Open-Mindedness |**
    Individuals perceive themselves as open-minded but limit their openness to perspectives that align with their in-group ideologies, beliefs, or norms.
    Example: Engaging in discussions only with like-minded individuals while dismissing opposing views without consideration.

46. **Projected Conformity |**
    Assumptions that others will conform to societal or group norms lead individuals to align their actions accordingly.
    Example: Dressing formally for a meeting because you believe others expect it, even if it's unnecessary.

47. **Imposing and Projecting Inferiority |**
    Rooted in feelings of inadequacy, this dual bias involves projecting one's self-perceived inferiority onto others while simultaneously imposing hierarchical structures to sustain these beliefs.
    Example: Undermining a colleague's ideas to maintain a sense of personal superiority.

48. **Imposed Infamication |**
    Deliberately associating individuals with stigmatized elements to undermine their credibility.
    Example: Spreading rumors to tarnish someone's reputation without evidence.

49. **Invulnerability Bias |**
    The belief that you were not subjected to the same abuse or treatment as others when you have been.
    Example: Ignoring calls to action about education because you turned out fine when you didn't.

Perception Biases

50. **Clustering Illusion**
    The tendency to see patterns in random data.
    Example: Believing that winning lottery numbers follow a specific sequence because a few numbers have repeated.

51. **Illusory Correlation**
    Perceiving a relationship between variables even when none exists.
    Example: Thinking that carrying a lucky charm improves exam scores.

52. **Pareidolia**
    The tendency to perceive familiar patterns, such as faces, in random stimuli.
    Example: Seeing a face in the arrangement of clouds.

53. **Anthropomorphism**
    Attributing human characteristics to non-human entities or objects.
    Example: Believing that your car has a personality and moods.

54. **Contrast Effect**
    The enhancement or diminishment of a perception based on surrounding stimuli.
    Example: Judging a shirt to be bright red when placed next to a dark-colored shirt.

55. **Change Blindness**
    The failure to notice significant changes in a visual scene.
    Example: Not noticing that a friend has changed their hairstyle while focused on a conversation.

56. **Just-world Hypothesis**
    The belief that people get what they deserve and deserve what they get.
    Example: Assuming that a victim of a crime must have done something to provoke it.

57. **Illusion of Transparency**
    Overestimating the degree to which others can perceive one's internal states.
    Example: Believing that nervousness during a presentation is obvious to the audience.

58. **Spotlight Effect**
    The tendency to think that more people notice something about you than they actually do.
    Example: Feeling overly self-conscious about a small stain on your shirt, assuming everyone else sees it.

59. **Illusion of Asymmetric Insight**
    Believing that one has more insight into others than others have into oneself.
    Example: Thinking you understand a colleague's motivations better than they understand your own.

60. **Illusion of External Agency**
    Attributing events to external causes rather than internal ones.
    Example: Blaming bad weather for a failed outdoor event instead of poor planning.

61. **Normalcy Bias**
    Underestimating the likelihood of a disaster and its potential impact.
    Example: Ignoring evacuation warnings during a hurricane because you believe it won't be as bad as predicted.

62. **Misophonia**
    Strong negative emotional reactions to specific sounds.
    Example: Feeling extreme irritation when someone chews loudly.

Decision-making Biases

63. **Anchoring Bias**
    Relying too heavily on the first piece of information encountered when making decisions.
    Example: Negotiating a salary based on the initial offer rather than the market rate.

64. **Availability Heuristic**

Overestimating the likelihood of events based on their availability in memory.
Example: Fearing plane crashes more than car accidents because plane crashes are more frequently reported.

65. **Attentional Bias**
The tendency to pay attention to some things while ignoring others.
Example: Focusing on negative feedback while overlooking positive comments.

66. **Framing Effect**
Reacting differently to the same information depending on how it is presented.
Example: Choosing a surgery with a "90% survival rate" over one with a "10% mortality rate" despite identical statistics.

67. **Recency Effect**
Giving undue weight to the most recent information when making decisions.
Example: Making a hiring decision based on the last interview rather than all candidates equally.

68. **Priming**
The influence of prior exposure to stimuli on subsequent responses.
Example: Feeling more generous after seeing advertisements about charity.

69. **Bizarreness Effect**
Remembering unusual or bizarre information better than common information.
Example: Recalling a strange headline more vividly than a mundane one.

70. **Humor Effect**
The impact of humor on memory and decision-making processes.
Example: Remembering information presented in a funny context better than in a serious one.

71. **Von Restorff Effect**
The tendency to remember distinctive items better than common ones.
Example: Recalling a unique logo among a series of similar ones.

72. **Mere Exposure Effect**
Developing a preference for things simply because they are familiar.
Example: Liking a song more after hearing it several times on the radio.

73. **Mere Ownership Effect**
Valuing items more highly simply because one owns them.
Example: Placing a higher price on a used car you own compared to similar cars you don't own.

74. **Post-Purchase Rationalization**
Justifying a purchase after the fact to reduce cognitive dissonance.
Example: Convincing yourself that an expensive gadget was worth the price after buying it.

75. **Loss Aversion**
The tendency to prefer avoiding losses over acquiring equivalent gains.
Example: Choosing not to sell a losing stock to avoid realizing a loss, even if it’s the best financial

decision.

76. **Status Quo Bias**
    The preference to keep things the same rather than change.
    Example: Continuing to use outdated software because it's familiar, despite better alternatives.

77. **Sunk Cost Fallacy**
    Continuing a behavior due to previously invested resources.
    Example: Continuing to watch a bad movie because you've already watched an hour of it.

78. **Escalation of Commitment**
    Increasing commitment to a decision despite evidence of its failure.
    Example: Investing more money into a failing project in hopes of turning it around.

79. **Hyperbolic Discounting**
    The tendency to prefer smaller, immediate rewards over larger, later rewards.
    Example: Choosing to spend money now rather than saving for a larger purchase in the future.

80. **Present Bias**
    Placing greater value on immediate rewards over future ones.
    Example: Opting to eat unhealthy food now instead of maintaining a healthy diet for long-term benefits.

81. **Ambiguity Effect**
    Avoiding options with unknown probabilities.
    Example: Choosing a guaranteed small return on investment over a potentially higher, but uncertain, return.

82. **Subadditivity Effect**
    Judging the probability of a whole to be less than the probabilities of its parts.
    Example: Believing that the chance of rain on both Monday and Tuesday is less likely than on each day individually.

83. **Zero-Risk Bias**
    Preferring the complete elimination of one type of risk over reducing a larger amount of risk.
    Example: Choosing to eliminate a minor safety hazard completely instead of addressing a major risk that affects more people.

84. **Survivorship Bias**
    Focusing on successful entities while ignoring those that failed.
    Example: Believing that all startups succeed because you only hear about the ones that made it.

85. **Planning Fallacy**
    Underestimating the time needed to complete tasks.
    Example: Believing a project will take two weeks when it actually takes six.

86. **Choice-Supportive Bias**
    Remembering chosen options as having been better than they actually were.
    Example: Thinking your chosen restaurant was better than others you didn’t choose.

87. **Dunning-Kruger Effect**
    Overestimating one's own abilities due to lack of self-awareness. Irony, those under it, usually are the ones to project it onto another.
    Example: A novice chess player believing they can compete with grandmasters.

88. **Overconfidence Effect**
    Being more confident in one's judgments than is objectively justified.
    Example: Believing you can accurately predict stock market movements without sufficient knowledge.

89. **Optimism Bias**
    Believing that one is less likely to experience negative events.
    Example: Thinking you are less likely to get into a car accident than others.

90. **Restraint Bias**
    Overestimating one's ability to control impulsive behaviors.
    Example: Believing you can resist eating junk food even when hungry.

91. **IKEA Effect**
    Placing higher value on things one has partially created.
    Example: Valuing a piece of furniture more because you assembled it yourself.

92. **Endowment Effect**
    Valuing something more once it is owned.
    Example: Demanding a higher price to sell a mug you own than you would be willing to pay to buy it.

93. **Hot-Hand Fallacy**
    Believing that a person who has experienced success has a greater chance of further success.
    Example: Assuming a basketball player will make their next shot because they've made several in a row.

94. **Law of the Instrument**
    Relying too heavily on a familiar tool or approach.
    Example: Using the same marketing strategy for every product, regardless of its unique needs.

95. **Occam's Razor Bias**
    Preferring the simplest explanation among competing hypotheses.
    Example: Choosing the straightforward explanation that a missed call was accidental rather than assuming a complex reason.

96. **Attribute Substitution**
    Replacing a complex judgment with a simpler one.
    Example: Deciding if a stock is good by how its ticker symbol feels rather than analyzing its financials.

97. **Baader-Meinhof (Frequency) Illusion**
    The illusion where after noticing something for the first time, there is a tendency to notice it more frequently.
    Example: Learning a new word and then encountering it repeatedly in the following days.

98. **Availability Cascade**
A self-reinforcing process where a collective belief gains more plausibility through its increasing repetition in public discourse.
Example: A rumor gains traction and becomes widely believed simply because it is repeatedly shared through others even if all heard it from the same source.

99. **Ben Franklin Effect**
A person who has already performed a favor for someone is more likely to do another favor for that person than they would be if they had received a favor from that person.
Example: Asking someone to help you once, then later asking them again, leading to increased liking towards you.

100. **Negativity Bias**
The tendency to give more weight to negative experiences or information than positive ones.
Example: Remembering a single criticism over multiple compliments received.

101. **Reactance**
The urge to do the opposite of what someone wants you to do out of a need to maintain your freedom of choice.
Example: If told not to touch something, you may be more likely to touch it.

102. **System Justification Bias**
The tendency to defend and bolster the status quo, even if it may be disadvantageous.
Example: Supporting current economic systems even when they cause widespread inequality.

103. **Third-Person Effect**
The belief that others are more affected by media messages than oneself.
Example: Thinking that others are more influenced by political advertising than you are.

104. **Truth Bias**
The inclination to believe that others are telling the truth, even when there is evidence to the contrary.
Example: Trusting a salesperson's claim without verifying its accuracy.

105. **Neglect of Probability**
Disregarding the actual likelihood of events when making decisions.
Example: Ignoring the low probability of winning the lottery and still buying tickets frequently.

106. **Bystander Effect**
The phenomenon where individuals are less likely to help a victim when other people are present.
Example: Not assisting someone in distress because you assume someone else will.

107. **False Uniqueness Effect**
To underestimate the extent to which others share one's positive attributes or behaviors.
Example: Believing your good driving skills are rare, when in fact many others are also good drivers.

108. **Recency Illusion**
The belief that a word or language change is new when it has been in use for longer.
Example: Thinking a phrase you've recently noticed is a new trend, not realizing it's been around

for decades.

109. **Belief in a Just World**

The belief that the world is inherently fair and that people get what they deserve.

Example: Assuming a victim of theft must have been careless, even if there is no evidence of wrongdoing.

110. **Illusion of Superiority**

The belief that one is better than others in various aspects.

Example: Thinking you are a better driver than most, even with no objective evidence.

Motivated Rejection Biases

111. **Cognitive Inertia**
The resistance to change one's beliefs or behaviors despite new information.
Example: Continuing to use an old software version because learning a new one seems too difficult.

112. **Cognitive Dissonance**
The mental discomfort experienced when holding contradictory beliefs or values.
Example: Feeling uneasy about smoking because you believe it's harmful but continuing to smoke.

113. **Belief Perseverance**
Maintaining one's initial belief even after the evidence supporting it has been discredited.
Example: Continuing to believe in a debunked conspiracy theory despite overwhelming evidence against it.

114. **Motivated Forgetting**
The unconscious or conscious forgetting of information that is distressing or unwanted.
Example: Suppressing memories of a traumatic event to avoid emotional pain.

115. **Backfire Effect**
When correcting a misconception causes individuals to hold onto their original belief more strongly.
Example: Presenting evidence against a false belief leads individuals to cling to it even tighter.

116. **Semmelweis Reflex**
The automatic rejection of new evidence or new knowledge because it contradicts established beliefs.
Example: Dismissing handwashing in medical settings when it was first proposed despite evidence of its benefits.

117. **Conservatism Bias**
The tendency to insufficiently revise one's beliefs when presented with new evidence.
Example: Updating your opinion about a political candidate only slightly despite significant new information.

118. **Not Invented Here**
The tendency to reject ideas, products, or knowledge because they originate from outside one's own group or organization.
Example: Dismissing a software tool developed by another company without evaluating its merits.

119. **Always Has Been Bias |**
A resistance (usually hostile behavior or actions) to change rooted in the belief that traditional methods or longstanding practices are inherently superior.
Example: Continuing to use outdated teaching methods despite new educational research supporting alternative approaches, and sometimes sabotaging anyone trying to change it.

120. **Cognitive Impasse |**
A state of mental rigidity encompassing stages that reinforce cognitive biases, preventing

intellectual growth and adaptability.
Example: Refusing to consider alternative solutions to a problem because of ingrained thought patterns.

121. **Projected Inferiority |**
The tendency to reject others' ideas or contributions due to feelings of personal inadequacy.
Example: Undermining a colleague's suggestions because you doubt your own expertise.

122. **Cognitive Dissonance Avoidance |**
A defense mechanism where individuals avoid interaction with conflicting beliefs, often manifesting as inability to read, understand, listen, or suddenly needing to do something else.
Example: Ignoring while giving the appearance that you're listening when you haven't been.

123. **Proper Channels Bias |**
The overemphasis on procedural barriers to implement change, creating exaggerated perceptions of difficulty.
Example: Avoiding proposing a new project idea because you believe it won't get approved through the usual channels.

124. **Self-Imposed Stagnation |**
A reluctance to adopt new methods or ideas due to fear of failure and past negative experiences.
Example: Hesitating to try new technologies at work because previous attempts led to mistakes.

125. **Rejection of Refutation (DOR) |**
The outright rejection of contradictory evidence without meaningful engagement.
Example: Dismissing scientific studies that challenge your personal beliefs without reviewing the data.

126. **Elicited Grace |**
Avoiding accountability by reframing situations to shift blame onto external factors.
Example: Claiming a team's failure was due to market conditions rather than internal shortcomings.

127. **Auto-Conformance |**
Subconscious adherence to outdated conditioned behaviors instilled through family, education, or societal norms.
Example: Automatically following traditional gender roles without questioning their relevance today.

128. **Conditioned Emotional Response |**
Through repeated exposure to specific behaviors or stimuli, individuals develop emotional associations that reinforce compliance and stifle critical thinking.
Example: Feeling sick when phrases used in gaslighting appear due to an over exposure and emotional response that has been encoded and internalized.

129. **Galileo Dismissal |**
Dismissing new ideas on the assumption that experts have already explored all possibilities.
Example: Rejecting innovative teaching methods because traditional methods have been long-standing.

Attribution Biases

130. **Fundamental Attribution Error**
The tendency to overemphasize personal characteristics and ignore situational factors when judging others' behavior.
Example: Assuming someone is late because they are disorganized rather than considering traffic delays.

131. **Self-serving Bias**
Attributing positive outcomes to one's own abilities and negative outcomes to external factors.
Example: Taking credit for a project's success but blaming team members for its failure.

132. **False Consensus Effect**
Overestimating how much others share one's beliefs and behaviors.
Example: Believing that most people agree with your dietary choices because you assume they do.

133. **Ultimate Attribution Error**
A group-level extension of the fundamental attribution error, attributing negative behaviors of an outgroup to their disposition and positive behaviors to external factors.
Example: Viewing crimes committed by a minority group as inherent to their character while attributing similar crimes by the majority to circumstances.

134. **Projection Bias**
Attributing one's own thoughts, feelings, or motives to others.
Example: Assuming that others are as passionate about a hobby as you are.

135. **Illusion of Control**
Overestimating one's ability to control events.
Example: Believing you can influence the outcome of a lottery by choosing your own numbers.

136. **Curse of Knowledge**
Assuming that others have the background to understand one's own knowledge or perspective.
Example: Using complex jargon in explanations, thinking everyone else understands it as you do.

137. **Source Attribution Bias |**
Distrusting information based on a false origin rather than content, often as a cognitive shortcut.
Example: Rejecting evidence of Native Americans originating from Germanic Tribes and writing off all of the similarities and evidence as coincidences.

138. **Academic Distorting Bias |**
Manipulating research methods or data to align with preconceived theories flawing data.
Example: Adjusting statistical methods to achieve desired results in a study.

Probability and Belief Biases

139. **Base Rate Fallacy**

Ignoring the general prevalence of an event when evaluating the probability of a specific case.
Example: Assuming a person is a librarian rather than a salesperson despite more people being salespeople.

140. **Belief Bias**
Judging the strength of an argument based on the believability of its conclusion rather than its logical validity.
Example: Accepting a logically flawed argument because its conclusion aligns with your beliefs.

141. **Representativeness Heuristic**
Assessing similarity based on superficial characteristics rather than actual probability.
Example: Assuming someone is a librarian because they are quiet and introverted, ignoring the higher base rate of salespeople.

142. **Illusion of Validity**
Overestimating the accuracy of one's judgments and predictions.
Example: Believing you can accurately predict stock market movements based on limited information.

143. **Ostrich Effect**
Ignoring an obvious (negative) situation by pretending it does not exist.
Example: Avoiding reading financial statements when the market is crashing.

144. **Decoy Effect**
Introducing a third option to influence the choice between two other options.
Example: Offering a medium-sized popcorn at a higher price to make the large size seem more attractive.

145. **Illusion of Superiority**
Example: Thinking you are a better driver than most, even with no objective evidence.

Selective-Mindedness: a bias in which one believes they are open-minded but are, in fact, very closed-minded, being open only within their respective groups and beliefs. These may include religion, political affiliation, academic fields, worldwide academia, races, cultures, socioeconomic classes, nationalities, genders, or personal ideologies.

Selective-Mindedness

Selective-Mindedness is a cognitive bias where individuals perceive themselves as open-minded but, in reality, restrict their openness to perspectives that align with their in-group norms or beliefs. It manifests through:

- **Perceived Inclusivity**: Mistaking alignment with group norms for genuine intellectual openness.
- **Resistance to External Views**: Dismissing or disregarding perspectives outside their familiar "bubble."
- **Reinforcement Loops**: Repetition within groups and curated media creates echo chambers that exclude contradictory views.

This bias reflects stages of **Cognitive Impasse**, where ingrained cognitive biases and educational conditioning hinder intellectual growth. It is characterized by openness limited to narrowly defined, familiar, or agreeable boundaries, such as:

- Religious or spiritual beliefs
- Political affiliations
- Academic disciplines or schools of thought
- Institutional frameworks (e.g., government, corporate, or educational systems)
- Social or cultural identities (e.g., racial, ethnic, or national groups)
- Ideological frameworks (e.g., environmentalism, capitalism, or progressivism)
- Professional domains (e.g., STEM, humanities, or trades)
- Geographic familiarity (e.g., regional perspectives or nationalism)
- Generational perspectives (e.g., dismissing younger or older viewpoints)
- Personal networks (e.g., friends, family, or social circles)

Key Features of the Bias:

1. **Illusion of Open-Mindedness**: Belief in being open to new ideas, despite rejecting perspectives outside one's comfort zone.
2. **Boundary-Defined Openness**: Openness limited to familiar or validating contexts.
3. **Resistance to Disconfirming Evidence**: Defensive or rationalized responses to contradictory ideas.
4. **Echo-Chamber Effect**: Reinforcement of existing beliefs under the guise of intellectual or moral superiority.

Strategies to Overcome Selective-Mindedness

Addressing selective-mindedness requires recognizing its alignment with **Cognitive Impasse** stages and applying targeted interventions:

1. **Cultivate Intellectual Humility**: Recognize limitations in one's knowledge.
2. **Promote Critical Thinking**: Engage with multiple perspectives to build analytical skills.
3. **Encourage Lifelong Learning**: Challenge the notion that learning ends with formal education.
4. **Foster Constructive Dialogue**: Create environments for respectful exploration of diverse ideas.

With Self-Awareness: individuals can expand intellectual horizons and reduce the influence of selective-mindedness, fostering genuine openness and adaptability.

Brevity Bias: The tendency to equate length with irrelevance, leading to the dismissal of transformative insights and a preference for brevity over depth.

The assumption that length equates to irrelevance, resulting in the dismissal of potentially transformative insights that could prevent years of trial-and-error learning or other significant experiences. Often manifesting as the "Too Long; Didn't Read" phenomenon, this bias reflects a preference for brevity over depth. It may stem from impatience, past inconvenience, cognitive impasses, or an overestimation of one's ability to infer missing details.

This bias perpetuates misunderstandings, hinders problem-solving, fosters massive assumptions, and undervalues the nuanced reasoning required for complex decision-making. Amplified by Google's algorithms **favoring longer content**, it inadvertently spurred an industry of inflated articles filled with **irrelevant fluff.** As users encountered verbose but shallow material, they began to associate length with irrelevance.

This phenomenon aligns with Hyperbolic Discounting—the prioritization of smaller, immediate rewards (e.g., simplified summaries or quick opinions) over larger, future rewards (e.g., comprehensive understanding or long-term knowledge accumulation). Rooted in how humans perceive time, this inclination often underestimates the value of sustained effort or delayed gratification. By dismissing detailed learning, intellectual depth and critical thinking wane, fostering a culture that prioritizes surface-level information over substantive expertise.

Source Attribution Bias: The false association of evidence or arguments with a disfavored source, resulting in their dismissal without critical evaluation. This cognitive shortcut fosters the continued rejection of evidence, frequently circumventing logical analysis.

Not to be confused the rejection of evidence solely based on its actual source, reflecting attribution bias.

This bias frequently manifests in iterative patterns. For instance, individuals may dismiss a photo as photoshopped, only to later reject accompanying video evidence as AI-generated. Such streamlined rejection patterns are prevalent among individuals within **respective** academic fields, **respective** religions, **respective** territories, **respective** communities, and **respective** belief understandings, who perceive the world through their narrow, *individual but* ***respective*** viewpoints.

Rooted in belief perseverance and confirmation bias, Source Attribution Bias allows individuals to preserve their worldview by invalidating opposing evidence. This serves as a mental shortcut, avoiding the effort required for critical analysis or the emotional labor of confronting potential errors in reasoning.

The bias is exacerbated by the growing sophistication of AI and digital manipulation tools, which provide plausible justifications for skepticism. Ironically, while these technologies increase the possibility of genuine manipulation, they also make it easier for individuals to reject credible information without scrutiny.

It encompasses a history of truthful narratives being dismissed as: *photoshopped, AI, fake news, Disinformation, Misinformation, Brainwashing, propaganda, a doctored image, a deepfake, a communist plot, black magic, a forgery, a conspiracy theory, an urban legend, pseudoscience, witchcraft, a trick, superstition, mass hysteria, a hallucination, a delusion, a hoax, a scam, an illusion, sorcery, heresy, a myth, exaggerated, misinterpreted, out of context, uneducated, from a nobody, misleading, a straw man argument, a coincidence, a parlor trick, a charade, a misunderstanding, a falsehood, a misdirection, merely theoretical, nonexistent, only a theory, a coincidence, being more complex than it seems, oversimplification, reductive, someone on drugs, some drunk, political agenda, science fiction, voodoo, clickbait, a rumor, a fabrication, manipulation, distortion, an urban tale, spam, a ploy by the devil, or of the devil, or by and for the Government.*